



The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness (Fitness Professionals)

Morc Coulson

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The Fitness Instructor's Handbook is the essential guide for anyone working in, or wishing to enter, the fitness industry. This new second edition has been fully updated and covers every component of the industry standards for both Level 2 and 3 qualification, and offers the perfect blend of theory and practice on every aspect of health and fitness.

Clear, concise and accessible, the content is organised with the specific needs of student and newly qualified fitness professionals in mind - it covers every aspect of the theory needed to work as a fitness instructor, and places it in a practical context.

Topics covered include:

- the skeletal system
- muscles and tendons
- the energy system
- circulation and respiration
- components of fitness
- safety issues
- customer service
- screening clients
- planning and programme design
- exercise evaluation.

Packed full of illustrations, case studies, revision questions and sample programmes, *The Fitness Instructor's Handbook* is the ideal book for both those new to the industry and experienced trainers.

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Brenda Luna:

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